

CET GRADUATES CELEBRATE IN ARCADIA
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On Wednesday, October 29, 2014, ten graduates of the neuroplasticity program known as Cognitive Enhancement Therapy (CET) celebrated completion of the year-long treatment program through the Los Angeles County Department of Mental Health (LACDMH). The celebration with LACDMH staff, family and friends was held at Arcadia County Park.

CET is a program originally designed for people diagnosed with brain injury and/or mental illness. Recognized by the Substance Abuse and Mental Health Service Administration (SAMHSA), the evidence-based treatment program combines computer-based treatment (through exercises and games) with a structured social cognition group that aims to improve cognitive and social functioning. This was the second year LACDMH has used the CET program at its clinics. South Bay is currently the other location with the same program.



Graduates, their family and friends had an opportunity to share their thoughts on how the program changed their lives and improved their cognitive and social skills. One woman praised the CET program for changing her brother's life: "Schizophrenia is not curable... But this (program) gives him hope and continuity in his life. We've seen him flourish as a person. He

has something to look forward to now. CET has given him a purpose and drive.” The woman also expressed her appreciation to LACDMH for the CET program and its effectiveness in helping her brother and her family as a whole.